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Mustard Lamb with Roasted Root Veg

Sweet roasted beetroot and sweet potato are the perfect tasty counterpoint to our tasty roasted lamb. Seared with a peppery wholegrain mustard and a rich delicious sauce, think of this as Roast 2.0 (i.e. very, very good indeed).



Prep: 10 mins

Cook: 45 mins

Total: 55 mins



level 1



lactose free



gluten free

Pantry Items



Olive Oil



Wholegrain Mustard



Boiling Water



Brown Sugar



Sweet Potato



Beetroot



Lamb Leg



Beef Stock



Sugar Snap Peas

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QTY

Ingredients

| | |
|-----------|--|
| 800 g | sweet potato, unpeeled & sliced into 5 mm discs |
| 2 | beetroots, scrubbed, washed & sliced into 5 mm thin wedges |
| 1 ½ tbs | olive oil * |
| 1 portion | lamb leg |
| 2 tbs | wholegrain mustard * |
| ½ cup | boiling water * |
| 1 cube | beef stock, crumbled |
| 1 tsp | brown sugar * |
| 200 g | sugar snap peas, trimmed & destring |

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

| | | |
|--------------|------|----|
| Energy | 2060 | Kj |
| Protein | 45 | g |
| Fat, total | 17.1 | g |
| -saturated | 5.9 | g |
| Carbohydrate | 35.9 | g |
| -sugars | 16.6 | g |
| Sodium | 524 | mg |

Disclaimer: We always try to source the freshest and locally grown ingredients. Unfortunately, due to the recent storms, we weren't able to source green beans this week and have replaced them with sugar snap peas. Don't worry, your recipe will still taste delicious!



You will need: chef's knife, chopping board, two baking paper lined oven trays, medium ovenproof frying pan, spoon, plate, aluminum foil, small saucepan, medium saucepan and a colander.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **sweet potato** on one of the prepared oven trays and **beetroot** on the other and toss in 1 tbs **olive oil**. Season with **salt** and **pepper**. Cook the vegetables in the oven for **35-40 minutes** or until the vegetables are tender and golden.

3 Meanwhile, heat a medium ovenproof frying pan over a high heat. Drizzle the remaining olive oil over the **lamb leg** and season with the salt and pepper. Sear for **2 minutes** on each side to seal in all of the juices.

4 Remove the lamb from the pan and rub half the **wholegrain mustard** all over. Return the lamb to the pan and transfer the pan to the oven for the last **30-35 minutes** of the vegetable cooking time.

Tip: If you don't have an ovenproof frying pan place the lamb alongside the beetroot on a baking paper lined oven tray and cook as directed. Remove the lamb and the vegetables from the oven. Cover the vegetables with foil and set aside the lamb on a plate. Cover with foil and rest for **10 minutes** before slicing into 1 cm thick pieces. Reserve any pan juices. Resting the lamb is an important part of the cooking process to ensure the meat is tender and juicy!

5 Meanwhile, place the **boiling water**, **crumbled beef stock**, remaining wholegrain mustard, **brown sugar** and any remaining pan juices in a small saucepan. Stir to combine. Bring the mixture to the boil, and then reduce for **5-10 minutes**, or until slightly thickened. Meanwhile, bring a medium saucepan of water to the boil. Cook the **sugar snap peas** for **2-3 minutes** or until soft. Drain.

6 To serve, divide the roast vegetables and sugar snap peas between plates. Top with the slices of mustard glazed lamb and drizzle the sauce all over. Enjoy!

